

Donna Minter's Superior Hiking Trail thru-hike itinerary Fall 2023						
Key: TH = Trailhead; SP = State Park; Cg = Campground; Cs = Campsite; \$ = paid campsite						
Day	Date	backpack start	backpack end	campsite	mileage	other logistics
1	Mon Aug 28	Wild Valley TH	Jay Cooke SP	Jay Cooke SP \$	10	Jenny assisted with shuttle to pick up car at TH
2	Tue Aug 29	Jay Cooke SP	123rd Ave TH	Jay Cooke SP \$	11	Jenny assisted with shuttle to leave car at 123rd TH
3	Wed Aug 30	123 Ave TH	Indian Point Cg	Indian Point Cg \$	8.5	Jenny assisted with shuttled to leave car at Indian Pt CG
4	Thu Aug 31	Indian Pt Cg	Canal Park	Indian Point Cg \$	12.5	took Duluth city bus back to Indian Point CG
	Fri Sep 1	n/a	n/a	Indian Point Cg \$	0	Zero day to care for my feet
5	Sat Sep 2	Canal Park	Martin Rd. TH	Indian Point Cg \$	9	Bruce picked me up at Martin Rd TH
6	Sun Sep 3	Martin Rd TH	Lone Tree Cs	Lone Tree Cs	11	In the morning, Bruce helped with shuttle to leave car at Reeves Rd. TH
7	Mon Sep 4	Lone Tree Cs	Sucker River Cs	Sucker River Cs	8	rainy
8	Tue Sep 5	Sucker River Cs	Big Bend Cs	Big Bend Cs	10	rainy
9	Wed Sep 6	Big Bend Cs	Stewart River Cs	Stewart River Cs	12.5	rainy; met 2 same aged women hikers at this campsite
10	Thu Sep 7	Stewart River Cs	Silver Creek Cs	Silver Creek Cs	15	At Reeves Rd, walked detour to Gun Club Rd and back; then drove to County 301 TH and walked detour to Gun Club Rd and back and then walked to Silver Creek Cs
11	Fri Sep 8	Silver Creek Cs	County 301 TH	home	1.5	drove home to Mpls to let my feet heal, fulfill responsibilities, and get new footwear
					109	
12	Fri Sep 22	Cty 301 TH	Middle Gooseberry Cs	Middle Gooseberry Cs	12	left car at Cty 301 TH
13	Sat Sep 23	Mid Gb Cs	Chapins Ridge Cs	Chapins Ridge Cs	14.5	rained all day
14	Sun Sep 24	Chapins Ridge Cs	Penn Creek Cs	Penn Creek Cs	12.5	rained all day
15	Mon Sep 25	Penn Creek Cs	Tettegouche SP	Lake Superior Walk-in Cs \$	10	rained most of the day; this was my hardest day of the entire trip; passed 1/2 way
16	Tue Sep 26	Tettegouche SP	East Kennedy Creek Cs	E Kennedy Creek Cs	4	sunny
17	Wed Sep 27	E Kennedy Ck Cs	County Rd 6 TH	Airbnb in Two Harbor	5	rainy; Bruce picked me up and we got my car at Cty Rd 301
18	Thu Sep 28	Cty Rd 6 TH	Leskinen Creek Cs	Leskinen Creek Cs	5	left car at Cty Rd 6 TH
19	Fri Sep 29	Leskinen Ck Cs	Horseshoe Ridge Cs	Horseshoe Ridge Cs	17.5	no ATT cell service, rainy
20	Sat Sep 30	Horseshoe Ridge Cs	Southcross River Cs	Southcross River Cs	16	rainy
21	Sun Oct 1	Southcross R Cs	Mystery Mountain Cs	Mystery Mountain Cs	19	dry camp, brought my own water
22	Mon Oct 2	Mystery Mt. Cs	Big White Pine Cs	Big White Pine Cs	16.5	
23	Tue Oct 3	Big White Pine Cs	Pincushion Mt. TH Grand Marais	home	16	Bruce picked me up; picked up car at Cty Rd 6 TH, drove home to Mpls
					148	Several weeks off trail to travel to Indiana to care for my 92yo Mother
24	Fri Oct 20	Pincushion Mt. TH	Kadunce River Cs	Kadunce River Cs	13	Bruce dropped me off
25	Sat Oct 21	Kadunce River Cs	Judge CR Magney SP	Judge CR Magney SP \$	9	rainy
26	Sun Oct 22	Judge Magney SP	South Carlson Cs	South Carlson Cs	11	coldest temp 37F this morning
27	Mon Oct 23	South Carlson Cs	Jackson Creek Cs	Jackson Creek Cs	9	slippery boardwalks!
28	Tue Oct 24	Jackson Creek Cs	Northern Terminus/Otter Lake Rd TH	home	8	Bruce met me at Otter Lake Rd TH about 12noon
					50	
Total Miles					307	

Essential gear (25lbs max without water): Wool and silk and synthetic. no cotton!; One set of layered hiking clothes and one set of camp/sleeping clothes including wool long underwear; Nemo sleep pad and pillow, Nemo down sleeping bag, Big Agnes Tiger Wall 2-person tent allowed me to keep my dry stuff inside and my wet stuff in the vestibule; tiny BRS stove and cookpot and long handled spoon; 2 cotton bandana for cleaning and pot holders; Cell phone and Battery pack; maps and guidebook; writing paper and pens; REI backpack; Backpacker Pantry freeze-dried meals; Nuts; trailrunner shoes; gaiter, silk & wool socks; Rain jacket, rain pants; Sunhat; Hiking poles; Sawyer Squeeze water filter; Camelbak and two Smartwater bottles; bear canister; headlamp; ear plugs & eye mask, maps & SHT guidebook

Thanks for joining me today! Cheers to a healthier, healed planet for us, our kids, grandkids, and their grandkids! – Grammy aka Donna Minter